



# Purple rules!

TRUE colors  
WEEK 5

## The rich benefits of purple produce.

Deep purple and blue fruits and vegetables deserve a crown. From blueberries and eggplant to grapes and purple cabbage, this type of produce – called the color of royalty – has some major health-defending potential. From supporting healthy blood pressure to protecting your brain as you age, purple fruits and vegetables are like good medicine. So just what’s in those deep purple and blue foods that make them so powerful? Find out in this [article](#).

## Recipe: Enjoy a healthy purple sandwich

Sink your teeth into this satisfying grilled sandwich that’s high in fiber, rich in potassium and made with one of nature’s most powerful purple veggies – eggplant. Log in to Healthy Lifestyles and search for [Grilled Eggplant Panini](#) in the Recipe section of the Resources and Tools tab.

## True Colors Tip: Make fruitsicles!

Purée blueberries, blackberries and purple grapes, and then freeze them in ice cube trays or popsicle molds for a healthy treat.

## Track your servings three times a week.

Log in to Healthy Lifestyles at [anthem.com](#) and use your servings tracker under the **My Well-Being Plan** tab. While you’re logged in, tell you chatter friends how it makes you feel.

## True blue and purple fruits and veggies

Did you know that raisins can add flavor, texture and moisture to meatballs, meatloaf and hamburgers?

Raisins can be stored at room temperature in unopened containers and in the fridge after opening. To learn more tips on your favorite blue and purple fruits and veggie, click the button below.

Produce chart ➔



Track your servings ➔

- Eat at least 2 cups of fruit and 2 ½ cups of vegetables every day.
- Drink 6 cups of water every day.
- Record everything on your servings tracker at least three days each week.



Watch and learn ➔

Ever think about grilling purple grapes or making kebobs with them? Watch this short video for helpful tips on using grapes in your favorite recipes.



Share with others. ➔

If you ever have vegetables for breakfast, then tell others how they can rise and shine like you do. Share your secret on the chatter board when you log in to Healthy Lifestyles.

## Remember:

All forms of fruits and vegetables count – fresh, frozen, canned, dried and 100% juice.

Talk with your doctor before starting this or any other fitness, nutrition and weight management program to find out if it is right for your needs.

Sources:  
• Nutrition Unplugged – [nutritionunplugged.com](#)  
• Chicago Tribune – [chicagotribune.com](#)

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